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WORTH
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Harrison Ford, who stars in the Jackie Robinson biopic 42, has equality on his mind

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GIRLS PIMPING GIRLS?

WITH TRIAL SET TO DELVE INTO TEEN PROSTITUTION RING IN OTTAWA, POLICE ARE FINDING BOTH PERPETRATORS AND VICTIMS OF HUMAN TRAFFICKING ARE SKEWING YOUNGER **PAGE 7**



**NO
NICKELBACK
GUARANTEE**

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88.5fm**



Police carry two children to waiting parents at the scene of a shooting at a daycare at 225 and 229 Gamelin St. in Gatineau on Friday. No children were injured in the shooting that killed two men but police say it's likely at least some of the kids witnessed the violence. FRED CHARTRAND/THE CANADIAN PRESS

Daycare nightmare

Gatineau. Shooter tried self-immolation: Media report

More details have emerged about the two men who died in Friday's shooting at a daycare in Gatineau, Que.

Gatineau police say one of the two men is a 38-year-old French citizen, whose parents live in France.

Police have yet to provide the man's name, saying the man's family still needs to be notified.

Ottawa's French-language newspaper Le Droit reported over the weekend that the other man killed in the incident, Robert Charron, was in fact the shooter and the former husband of the director of the daycare centre. The couple had recently separated, a source told Metro.

Le Droit said the French national was an employee and that Charron shot the man inside one home operated by the daycare before going inside another house to confront his ex-wife. The paper said Charron

doused himself with gasoline and then tried to do the same with his ex-wife, before killing himself with a .12-gauge shotgun inside a room, away from the other occupants of the house.

Police said in a news release they had not determined a motive, and said they had no indication it was the result of a love triangle.

None of the 53 children at the daycare were injured in Friday's shooting.

Gatineau police Chief Mario Harel said Friday it's likely at least some of the kids witnessed the violence at the Montessori daycare, which operated in two side-by-side homes.

A couple that live near the daycare took in the children in the aftermath of the shooting. A tenant of the homeowners told media one boy told her he saw Charron with the gun.

Police were called to Racines de Vie Montessori on Gamelin Street across from the Gatineau Hospital at 10:27 a.m. Once inside the home, they found the body of a man lying next to what appeared to be a shotgun.

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Oprahmania

Live your best day at Oprah-inspired event

Ottawans are invited to an Oprah-inspired event about learning how to "Live Your Best Day" on the day Oprah herself will give a talk at Scotiabank Place.

The free Live Your Best Day event will be held at the Brookstreet Hotel on Wednesday, from 10 a.m. to 2 p.m.

Speakers with a range of expertise from how to trust instinct and intuition to helping women make the transition to adulthood from motherhood will be making presentations.

JESSICA SMITH/METRO

Two performed CPR

Bystanders rescue man from drowning near Petrie Island

A man was resuscitated Saturday afternoon after falling into the water near Petrie Island.

Ottawa firefighters were called to Petrie Island just after 3 p.m. on Saturday after receiving reports of a man falling into the water. When they arrived on scene, two bystanders were already performing CPR on the man on the shoreline.

Firefighters continued CPR while loading the man into a rescue basket to lift him over the embankment. By the time he was brought to the road, he had regained a pulse and started breathing. According to witnesses, the man was fishing when he fell in. Bystanders who were also fishing managed to pull him out using a branch. ALEX BOUTILIER/METRO



The Ottawa Convention Centre, with its highly visible location overlooking the Rideau, is looking to sell naming rights for at least \$500,000 a year. SEAN MCKIBBON/METRO

Your name here... for at least \$500,000

Naming rights. Ottawa Convention Centre looks to bring in \$7.5 million over 15 years



ALEX BOUTILIER
alex.boutilier@metronews.ca

What's in a name? The Ottawa Convention Centre is hoping at least \$500,000 a year.

The OCC is looking for help in attracting private-sector cash for sponsorship and naming rights. In a request for proposals issued Friday, the OCC says it wants a consultant firm to attract a minimum of \$500,000 annually for a 10- to 15-year contract.

"(The company) will act as a

partner with the OCC and lead the process to secure, amongst other things, a facility naming sponsor," the RFP reads.

"The (company) will outline their plan to secure sponsorships and facility naming-rights deals, such as but not limited to creating and implementing a sponsorship and naming marketing and sales program designed to secure elite corporate sector sponsor candidates."

The OCC wants a sponsorship deal concluded by Dec. 31, 2013, with payments beginning no later than April of next year.

The chosen sponsor may also get the option to project its logo on the south wall of the Ritchard Brisbin-designed building, either on a number of screens or on the south wall

facing the Mackenzie King Bridge and the Rideau Canal — subject to approval by the relevant levels of government, of course.

And it's not just any old company that will get the opportunity. The OCC is very specific on the "elite" status of the sponsors it will consider.

"Sponsor candidates brought forward by the (company) must have a reputation and brand which, amongst other things, is contemporary, fresh, future-oriented, cutting-edge, and commensurate and reflective of the iconic design and operation that is the OCC," the document reads.

It's not the first time the OCC has looked at projecting images on the south wall of the building. The Crown corporation pushed back plans

Government approval

Any sponsorship and naming-rights opportunities for the Ottawa Convention Centre will be vetted through the province's Ministry of Tourism, Culture and Sport. According to the request for proposals, Ottawa City Hall, the National Capital Commission and Parks Canada will also be consulted.

for a "digital art wall" in April 2012 before reviving the attempt last October. According to a January report to the National Capital Commission, the October request for quotation received no expressions of interest.

1 NEWS

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15-year-old kicking it new school

Alternative education.

Teen taekwondo ace credits Ecole Sport (sports school) program for both athletic and academic accomplishments



SEAN
MCKIBBIN
sean.mckibbin@metronews.ca

A 15-year-old Gatineau student who received her black belt in taekwondo on Saturday and has her sights set on a spot on the Canadian Olympic team is touting her high school's special sports program.

"It makes the school have a really good atmosphere. I think more schools should do it. All the students want to be at school and they enjoy their day," said Annie-Pier Cloutier on Sunday.

A day earlier she received her black belt from Grand Master Chong Lee in a tough

test that saw her demonstrate everything her instructor Master Luc Mercier had taught her, including smashing to splinters four boards in a single go with a complicated "power kick."

"I like fighting best, but I don't like to hurt people," she says of the martial-art sport that will pit heavily padded fighters in bouts that involve flurries of kicks, often to the head. She says she only fights in competitions and not in her day-to-day life.

Cloutier, who took up the martial art eight years ago in a lunch-hour class offered by Mercier, now gets to study it in her afternoons at Ecole Secondaire Nicolas Gatineau, while taking a regular four-course semester, albeit a semester with shorter periods compressed into mornings.

Student

"It makes the school have a really good atmosphere. I think more schools should do it. All the students want to be at school and they enjoy their day."

15-year-old Annie-Pier Cloutier on her high school's special sports program

Three other students are also studying taekwondo at the school, but other kids are doing hockey, soccer, judo and other sports.

"She comes home with a lot more homework," said her father, Rick Cloutier. "I'm really impressed and really proud of her."

Cloutier said her test was stressful and she was jumping up and down when she passed, but with a new goal of making the Olympic team, it will mean more study, more competitions and more hard work.

"My grades are going up. I don't understand why they are going up, but they are better than before," she said, comparing her current academic performance to her experience in a traditional school program.



Annie-Pier Cloutier bows as she shakes the hand of Master Tony Achkouti, while her instructor Master Luc Mercier looks over the shoulder of ninth-degree black belt Grand Master Chong Lee. CONTRIBUTED/RICK CLOUTHIER

For parents, teachers

Cops offer advice on online safety

The Ottawa Police Service is planning to educate parents about social media and the pressure kids face to send out photos of themselves online.

The police service is hosting a free "Teens and Technology" information session to inform parents and educators about sexting, cyberbullying and Internet safety on April 16 at Earl of March High School in Kanata, from 7 to 9 p.m. JESSICA SMITH/METRO

Algonquin College

New program spurs volunteering

Algonquin College is launching a new program to highlight students' volunteerism.

The Co-Curricular Record program will give students an official record of their volunteer and extracurricular activities that will compliment their transcript and resumé.

The initiative is meant to increase the already high levels of volunteerism at the college, officials said. JESSICA SMITH/METRO

Training initiative. Team of Ottawa paramedics headed to Nicaragua

On vacation from their jobs as Ottawa paramedics, a team of 13 is headed to rural Nicaragua this weekend to train would-be first responders.

"They don't have any paramedics," said Kevin Corrigan, an advanced-care paramedic who is leading the initiative.

On his first trip to the Central American country last year, Corrigan said he noticed ambulances and police cars parked on the side of the road for weeks because they didn't have enough funds to pay for fuel.

"When you find out they're on their own, you want to help them," he said of Nicaraguans. "They have family, community

and religion. They don't have a lot."

The team will train 60 village leaders, made up of newcomers and those who trained last year in advanced first aid, in the town of San Marco.

The team is bringing stethoscopes, sanitized gloves, masks and other basics to donate to their students, who range from 15 to 40 years old, as they learn primary and secondary care. During the 10-day trip, they will teach how to deliver babies, perform CPR, set broken bones, treat wounds and assess whether the ill or injured need to be seen by a doctor, who is often a city away. GRAHAM LANKTREE/METRO



Ottawa paramedic Kevin Corrigan, centre, stands with some of the team members who are travelling to rural Nicaragua with him this weekend to train locals to be first responders. CONTRIBUTED/OTTAWA PARAMEDICS

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Airstrike kills 11 children: Officials

Afghanistan.

Interior Ministry says U.S.-led coalition killed six Taliban in operation

A fierce battle between U.S.-backed Afghan forces and Taliban militants in a remote corner of Afghanistan left nearly 20 dead, including 11 Afghan children killed in an airstrike and an American civilian adviser, Afghan officials said Sunday.

The U.S.-led coalition said it was assessing the incident but could not confirm that civilians were killed.

It also stressed that the airstrikes were requested by international forces. A strike in the same area, which killed 10 civilians last year, prompted Karzai to ban his forces from requesting coalition airstrikes.

Officials said the airstrike occurred after a joint U.S.-Afghan force faced hours of heavy gunfire. The country's



An Afghan boy sits on his cart as he waits for customers in the old town of Kabul on Sunday. Civilian deaths have prompted a ban on Afghan forces requesting airstrikes. ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS

Interior Ministry said six Taliban were killed in the battle.

The battle unfolded on Saturday, the same day that six Americans were killed in violent attacks. The deaths capped one of the bloodiest weeks of the nearly 12-year-old war. On Wednesday, insurgents ambushed a courthouse in the west, killing more than 46 people. **THE ASSOCIATED PRESS**

Fighting season

The skirmish on Saturday showed Afghanistan's spring fighting season is underway.

- **Test.** This year's will be closely watched because Afghan forces will have less international support.

Liberal leadership race. Trudeau buzz drowns out opponents as vote begins

Liberals have begun casting ballots to choose a leader they hope will guide them out of the political wilderness.

Voting began shortly after the six contenders made their final sales pitches at a national showcase on Saturday.

Some 127,000 Liberal party members and supporters are eligible to vote. The results will be announced next Sunday.

The outcome has been widely seen as a foregone conclusion since Justin Trudeau launched his campaign last October.

Trudeau's grand entrance, accompanied by throbbing music and throngs of chanting, placard-waving supporters, was in stark contrast to the others' subdued demonstrations.

The front-runner used his final pitch to launch a pre-emptive strike against the Conservative attacks that are inevitably coming if he wins.

He challenged claims that he's inexperienced and that his popularity is solely based on fondness for his father, former

prime minister Pierre Trudeau.

"I know there are those who say this movement we're building is all about nostalgia.... Let's face it, they say that it's about my father," Trudeau said.

"Well, to them I say this: It is. It is about my dad.... It's about all our parents and the legacy they left us, the country they built for us," he said.

None of his rivals dared make any direct attacks on Trudeau, whose supporters dominated the crowd.

THE CANADIAN PRESS



Justin Trudeau THE CANADIAN PRESS

Toronto

Police say women sexually assaulted teen in parking lot

Police are searching for four women, all in their 30s, after a 19-year-old male was allegedly sexually assaulted in a downtown parking lot on Saturday night.

The victim met the suspects at a nightclub in the city's entertainment district, Toronto police say. He left the club with the women after they offered him a ride home.

According to police, the 19-year-old was driven to a parking lot where he was allegedly sexually assaulted by all four suspects.

The victim was released after the attack, and the women fled in a silver Honda SUV.

All suspects are described as white and between 30 and 36.

They were last seen wearing short black dresses and high heels.

TORSTAR NEWS SERVICE

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Tunis, Tunisia

Activist in hiding after threats

A 19-year-old Tunisian who bared her breasts and taunted Muslim hard-liners said this weekend that she now fears for her life and wants refuge abroad. Known only as Amina, she appeared in photos on Facebook last month with the words "My body belongs to me" on her bare chest. Amina is in hiding after reportedly receiving death threats.

THE ASSOCIATED PRESS

British Columbia

Fake weapons startle some

Relax, folks: Those U.S. nuclear missiles marked "loaded" being shipped around Vancouver Island by train aren't real and are just movie props. They were used for a reboot of the Godzilla movie franchise, filmed on Vancouver Island.

THE CANADIAN PRESS

N. Korea may test missile soon

Koreas. North says it can't guarantee safety of diplomats beginning Wednesday; they want concessions, says South

A top South Korean national-security official said Sunday that North Korea may be setting the stage for a missile test or another provocative act with its warning that it soon will be unable to guarantee diplomats' safety in Pyongyang. But he added that the North's clearest objective is to extract concessions from Washington and Seoul.

North Korea's warning last week followed weeks of war threats and other efforts to punish South Korea and the U.S. for ongoing joint military drills, and for their support of UN sanctions over Pyongyang's Feb. 12 nuclear test. Many nations are deciding what to do about the notice, which said their diplomats' safety in Pyongyang cannot be guaranteed beginning this Wednesday.

day.

Tensions between Seoul and Pyongyang led South Korea's Joint Chiefs of Staff to announce Sunday that its chairman had put off a visit to Washington.

The U.S. military said its top commander in South Korea had also cancelled a trip to Washington because of developments.

The South Korean defence minister said Thursday that North Korea had moved a missile with "considerable range" to its east coast, possibly to conduct a test launch.

His description suggests that the missile could be the Musudan missile, capable of striking American bases in Guam with its estimated range of up to 4,000 kilometres.

Citing North Korea's suggestion that diplomats leave the country, South Korean President Park Geun-hye's national-security director said Pyongyang may be planning a missile launch or another provocation around Wednesday, according to presidential spokeswoman Kim Haing.

THE ASSOCIATED PRESS



At the border village of Panmunjom a man hangs a ribbon in hope of reunification. LEE JIN-MAN/THE ASSOCIATED PRESS

Ask the Experts

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Land Destruction

Among the top 20 gold producing countries, the majority are developing nations who are often dominated by mining companies and their bottom lines. The result is unapologetic and devastating destruction of land. Open-pit mining practices obliterate landscapes, flatten mountaintops, produce eight to 10 times more waste than underground mines, and leave craters so vast that some are visible from space.

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Human-trafficking trial set to begin

Ottawa. Three teen girls charged with assaulting, robbing other teens, and forcing them into prostitution



JESSICA SMITH
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A human-trafficking and prostitution trial set to begin in Ottawa youth court on Monday is expected to shed light on how police came to accuse girls as young as 15 of running a prostitution ring.

Ottawa police say the female victims were lured online by the accused to social events, then taken to an Ottawa Community Housing unit. There, police allege, the girls were assaulted, threatened and driven to another location and forced to perform sex acts with johns.

Two of the accused were 15 and one was 16 at the time of the alleged crimes last year. They are charged with human trafficking, procuring for prostitution, forcible confinement, robbery, assault and uttering threats.

The victims were 13 to 17 years old at the time. The first victim was sexually assaulted and robbed of her iPod, clothing, makeup and bag between May 16 and 19, court documents allege.

The second victim was trafficked on May 30 to 31, court documents say. The youngest victim, aged 13, was the last. She was allegedly trafficked by the girls on June 3.

The mother of one of the victims told Metro after the arrests last year that the accused teen girls offered her daughter a chance to become a prostitute. After she refused, they turned their sights on her.

"They said you can be an escort and make lots of money," said the woman,

The bigger picture

- Public Safety Canada defines human trafficking as "recruitment, transportation, harbouring or exercising control, direction or influence over the movements of a person in order to exploit that person." Many victims are forced into prostitution; others are forced into labour.
- About 90 per cent of Canadian human-trafficking charges are domestic and don't involve people crossing international borders.
- Between 2001 and 2011, police forces across the country laid 31 charges against young offenders (under 18) for living off the avails of prostitution and procuring for prostitution.
- It's rare for a minor to be charged with human trafficking.

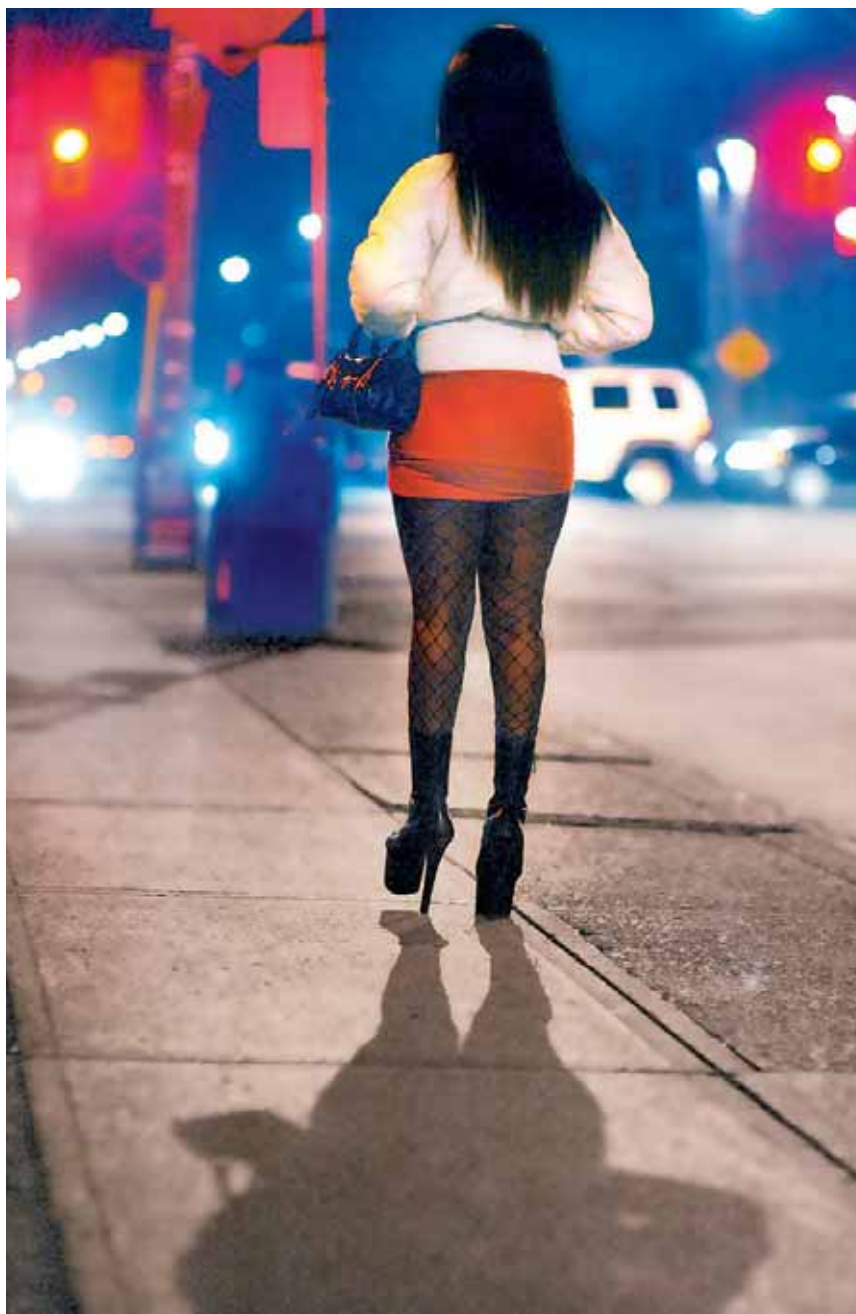
who, to protect her daughter's identity, cannot be named. "She asked them, 'Isn't that when you have sex for money?' and they said, 'Yeah, you can make a lot of money.' She said, 'No, I don't do that,' and it escalated after that.

"As simple as that, and then they turned," she said. "There was three against one."

The woman said her daughter is still terrified after being robbed, beaten, held for hours, forced into an encounter with a john and threatened repeatedly with having her throat slit.

"She beat my daughter mercilessly in the face and the nose, kept punching her over and over again," she said of one of the accused.

Her daughter was confined, but escaped and came home, she said.



A young woman works the corner of Gerrard and Jarvis streets in downtown Toronto. Police say that the victims and perpetrators in human-trafficking cases are often surprisingly young.

TONY BOCK/TORSTAR NEWS SERVICE FILE

Coercion. Cops seeing young victims, victimizers

Victims and perpetrators in human-trafficking cases are often younger than anyone would like to believe, says a detective who specializes in prostitution cases.

Det. Mark Benallick works in the special-victims section of the Toronto police force. His officers lay a human-trafficking charge, which carries a maximum prison sentence of 14 years, when they see a victim being controlled and exploited through threats and coercion.

"We're finding a lot more of these occurrences where it's younger people, under the age of 18, even 16, who are being victimized and turned out to work in the sex-trade industry," he said.

"The people who are exploiting them aren't much older," he added. "I guess the stereotype that a lot of people think of is of somebody much older, savvy to the business and knows how to play the game. But it's young people who are realizing just how lucrative prostitution can be."

Most of the prostitution-related trafficking in Ontario is domestic, he said. "It's happening right here. One day they're posting on the Internet out in Kingston and then the next day they're in Barrie. You can follow that trail."

Benallick cites the case of a 16-year-old girl accused of delivering two girls she was living with in a group home to a prostitution ring in Toronto. The courts will take her situation and age into account, he said.

"But there comes a time where you have to make choices, and now you've crossed a line: Maybe you're not so much a victim anymore; you're choosing to victimize someone else."

The full effect of human-trafficking laws remains a grey area, since some major cases are still working their way through the courts.

"The human-trafficking charges have only been around since 2006. It's building. With every year, there are new cases that go through the system that build the case-law base that we have," he said. JESSICA SMITH/METRO



Mark Benallick

Female violence rooted in family dysfunction

Girls pimping girls not new: Researcher

It's not uncommon for girls to become pimps and to force or procure other young girls into prostitution, says a professor who researches violence among girls.

Sibylle Artz, former director of the School of Child and

Youth Care at the University of Victoria, began researching violent girls in the 1990s and also studied the case of Reena Virk, a 14-year-old girl who was beaten and murdered by teenagers near Victoria in 1997.

In the wake of the Virk case, Canadians were searching for answers for how girls could be so aggressive and violent. Artz's research offers some explanations.

"In talking about prostitution, we're talking about the power over other people's bodies," she said.

Girls who pimp out other girls typically come from deprived backgrounds and family problems, where unhealthy views about women mean they are quickly turned into sex objects, Artz said.

"The whole idea that a woman is a sexual commodity is very clearly spelled out

in the minds of those among whom these girls live," she said. "They see that one way to become powerful and in control is to be the person who is the perpetrator rather than the victim."

Boys who pimp often follow a similar path.

"It's a terribly sad story," she said. "But it's a reflection on some level of the propensity to see girls and young women as saleable commodities."

When the public is scared or shocked upon learning about young girls committing acts of violence, it's a good thing, she said.

"I'm glad we're shocked. That we are shocked is an indication that this is something we don't hold as a norm. What we have to figure out is how to help these girls, and certainly we have to figure out how to help their victims."

JESSICA SMITH/METRO

Student editing help gets Wikipedia crabby

'Anyone can edit'?

Online encyclopedia isn't quite as keen on crowdsourced content as previously thought

A recent dust-up between Wikipedia and Canada's largest university raises questions about how collaborative the popular website that bills itself as "the free encyclopedia that anyone can edit" truly is.

The online information portal recently took a professor from the University of Toronto to task for one of his classroom assignments.

Steve Joordens urged the 1,900 students in his introductory psychology class to start adding content to relevant Wikipedia pages. The assignment was voluntary, and Joordens hoped the process would both enhance Wikipedia's body of work on psychology while teaching students about the scientist's responsibility to share



SCREENGRAB/WIKIPEDIA

knowledge.

But Joordens's plan backfired when the relatively small contingent of volunteer editors that curate the website's content began sounding alarm bells. They raised concerns about the sheer number of contributions pouring in from people who were not necessarily well-versed in the topic or adept at citing their research.

Discussions in the Wikipedia community became very heated with allegations that articles were being updated with erroneous or plagiarized informa-

Too many cooks

"I assumed that the current core of editors was extremely large and that the introduction of up to 1,000 new editors would be seen as a positive."

University of Toronto professor Steve Joordens

tion. Some community members called for widespread bans on university IP addresses and decried the professor's assignment as a needless burden on the community.

Joordens issued a statement defending his students, saying only 33 of the 910 articles edited were tagged for potential problems. But he also acknowledged that he did not understand the limited scope of the Wikipedia editorial community, which boasts a few thousand members compared to the more than 488 million people who visit the site every month. **THE CANADIAN PRESS**

Germany. Putin targets Cyprus banking levy

Russian President Vladimir Putin was expected to hold talks with German officials during a visit to Hannover, Germany, Sunday on differences over Cyprus's financial crisis and concerns about the Kremlin's crackdown on civil society organizations.

Germany is Russia's No. 3 trade partner, but ties have become increasingly strained recently over the Kremlin's heavy-handed response to opposition groups, differences

over the Syrian crisis and other issues. The Cyprus crisis, which has badly bruised Russian investors, has become the latest irritant, and was expected to figure high on the agenda of Putin's talks Sunday with German Chancellor Angela Merkel.

Speaking to ARD television before the visit, Putin harshly criticized the tax on bank deposits introduced by Cypriot authorities as a condition for a bailout from international lenders. **THE ASSOCIATED PRESS**

Providence, R.I.

Empty 'Superman building' is symbol of economic slide

Rhode Island's tallest building will soon be the most visible symbol of the state's long economic decline.

The 26-storey Art Deco-style skyscraper, known to some as the "Superman building" for its similarity to the Daily Planet headquarters in the old TV show, is losing its sole tenant this month. It will no longer be fully lit at night, if at all, its owner says. It's a blow for the city and the state, which had 9.4 per cent unemployment in February and has had one of the worst jobless rates in the U.S. for years. **THE ASSOCIATED PRESS**

Jerusalem

Hackers target Israeli websites

A weekend cyber-attack campaign targeting Israeli government websites failed to cause serious disruption, officials said Sunday. The attacks followed warnings in the name of the hacking group Anonymous that it was launching a massive attack. **THE ASSOCIATED PRESS**



Was B.C.'s Bollywood bash a good investment?

Indian actors Abhishek Bachchan, left, and Aishwarya Rai were among the Bollywood stars bringing glamour to the red carpet at the inaugural Times of India Film Awards at Vancouver's BC Place Saturday night. The three-day celebration of South Asian film, dance and music was hosted and promoted by the B.C. government for \$11 million under the guise of boosting trade and tourism with India. Despite B.C. Premier Christy Clark's claim that 400 million people watched the event, organizers say it has not yet been broadcast in either Canada or India. **JENNIFER GAUTHIER/FOR METRO IN VANCOUVER**

RBC faces customer backlash over report on foreign workers

The Royal Bank of Canada was scrambling to explain its hiring practices to customers Sunday after a media report claiming the bank was employing foreign workers to replace Canadian staff prompted a flood of outrage.

Canada's largest bank said it has not hired foreign workers to take over the job functions of current employees, but said it uses external suppliers as one of its strategies to improve "operational effectiveness."

It also said it would be "working diligently to find suitable roles for those affected," but did not immediately respond to questions asking which of its employees were affected and in what way.

RBC said it planned to discuss the situation with government officials. That wasn't enough to placate a number of Canadians who took to the Internet to express their anger at what many called unfair hiring practices. RBC was trending on Twitter in Canada Sunday afternoon.

"Bad move @RBC I've been thinking about switching, thanks for making decision easy for me," tweeted one man.

"What is wrong with you @RBC-Canada," tweeted another. "Making Canadians lose their

jobs ... I will switch banks, if not corrected."

The bank's move to clarify its hiring strategies came after a CBC News report that quoted a Toronto employee working in IT systems support for RBC Investor Services who said he and dozens of others were losing their jobs to temporary foreign workers. Dave Moreau told the public broadcaster that he and others are being made to train the new workers who will be taking their jobs.

CBC said the foreign workers are employed by iGate Corp, a multinational outsourcing firm. The company's website says it has offices that provide

Online outrage

- On Facebook, a Boycott Royal Bank of Canada group, which had over 1,400 "likes" by Sunday evening, called on customers to voice their discontent by writing to the prime minister and his cabinet.

services for RBC in India.

Human Resources Minister Diane Finley issued a statement saying the RBC situation is unacceptable if it is true.

THE CANADIAN PRESS



RBC says it has not hired foreign workers to take over the job functions of current employees. **THE CANADIAN PRESS FILE**

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TRANSIT TOURISM IN MIAMI

Uncle! The winter was too long and the spring not much relief, so I finally caved and crawled onto a plane to Miami in hopes of some sunburn on my pasty hide, and someone else's hometown to measure against my own.

Sunshine was there in abundance, blessedly, and maybe because there's so much of it, there seems to be less civic fuss about the shadows cast by monster buildings.

In Ottawa this week, the city's planning committee will vote on allowing Claridge's planned Icon building at Preston and Carling to reach 143 metres, which would make it the tallest in town by a wide margin. This is seen as a very big deal.

In Miami, the 240-metre Four Seasons Hotel and Tower currently dominates the city's forest of skyscrapers, but the developers of a planned 305-metre tower are trying to get an exemption on height limits — from the Federal Aviation Authority. At this rate, Miami condo-builders will soon be taking



URBAN COMPASS
Steve Collins
ottawa@metronews.ca

their site plans to NASA for approval.

Down on the ground, though, the first thing a visitor (or at least a transit junkie like me) notices is how fast, cheap and simple it is to get downtown from the airport. Two bucks gets you aboard Miami Metrorail's Orange Line, air-conditioned and Wi-Fi equipped.

Admittedly, their airport connection opened only last summer after a 28-year wait, and now the question is how long before the rail system will actually take tourists to their most likely destination, Miami Beach.

Contemplating our decade-plus of O-Train service that bafflingly stops short of the airport in the south and, as the NCC recently pointed out once again, Gatineau in the north, I can sympa-

thize.

While we cautiously and gradually enter the age of electronic fares with the Presto card, Miami adopted their Easy Card in 2009.

Riders pay \$2 for the smartcard (as opposed to \$6 you'll shell

out for Presto when it's available for sale) but in a tourist-friendly touch, visitors can get a fully functional paper version, the Easy Ticket, good for 60 days, free of charge.

The automated kiosks that dispense the cards and add cash to them are a little less than intuitive, with various combinations of buttons for different transactions, but at the airport, a helpful staffer is on hand to prompt jet-lagged new arrivals through the process.

Once downtown, the Metromover, an elevated train, shuttles passengers around the city core. The fare? \$0, nada, gratis.

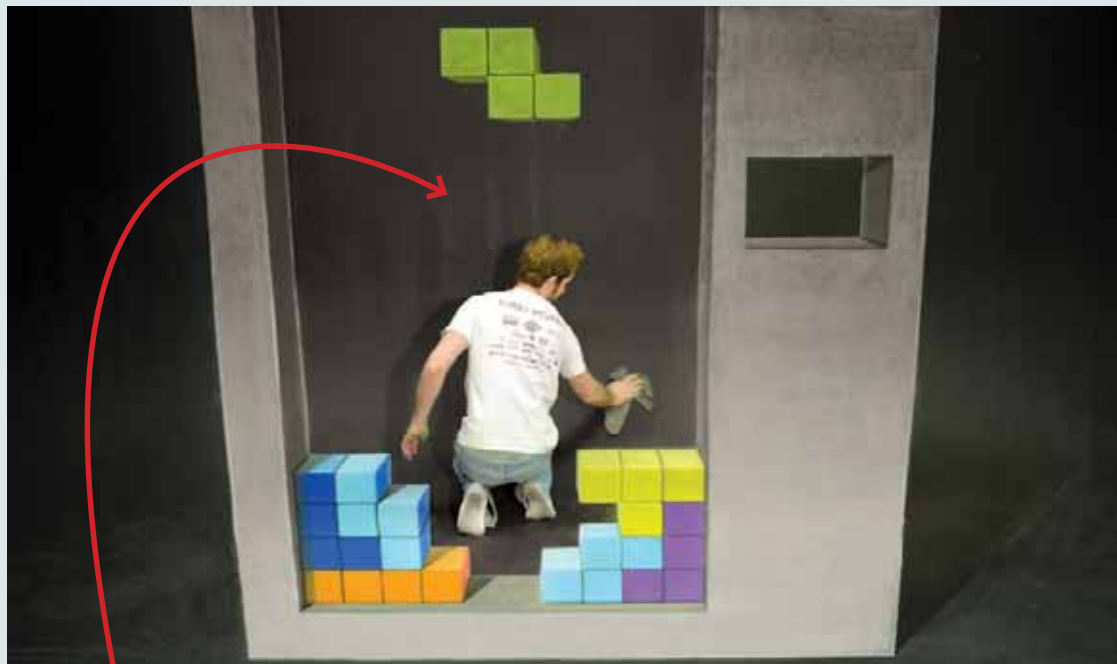
Back at the Ottawa airport, I took the only way available downtown without enriching a taxi driver, parking authority or car rental agency, OC Transpo's route 97 (\$3.30 cash fare, \$2.60 with tickets or a Presto card).

Some of us, still dressed for sunnier locales, shivered at the shelter as the bus pulled in for its 10-minute lay-up before departure. Any chance, the driver is asked, we could wait on-board? "No."

Ah, there's that down-home Ottawa friendliness we'd been missing!

ZOOM

Chalk this one up to dedication



CHRISCARLSONART.COM

The next level of Tetris: Flip-book art

Artist Chris Carlson is known for his anamorphic 3D stop-motion videos. Using chalk, he draws different images and animates them by taking different pictures of his work and putting them together like a flip-book.

In his latest video, he

pays homage to the iconic puzzle game Tetris.

Although art is his passion, Carlson didn't always set out on this path. He initially went to business school and received a finance degree. However, after seeing 3D chalk drawings on the Internet, he decided to give it a try.

METRO WORLD NEWS

Game boy



"I needed some art for my walls. It was the first time I tried to do a painting so I did a lot of abstract work."

Chris Carlson, on his first project.

Just a block of time

40 hours

It took Carlson 40 hours to complete the 50-second video, which he did in four 10-hour days.

"There were days where I thought I was going to go crazy in the studio drawing Tetris block after Tetris block," he admitted.

Visit chriscarlsonart.com.

A comic collaboration. Site challenges portrayal of women and helps charity

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate people, inspiring projects and stories worth celebrating. Here's just one.

When a leading expert on Batman takes note of your comic about Poison Ivy, the Dark Knight's archenemy, it's sure to be the start of an adventure.

In 2011, professional illustrator Suzy Shore posted a comic to an online forum, poking fun at Poison Ivy's skimpy outfit in the videogame Arkham Asylum. Will Brooker, a world-renowned pop-culture academic, saw the comic and asked Shore if she would illustrate his web comic project, designed to challenge the typically sexist representation of women in comic books.

She immediately agreed. "It's kind of like sending a kid off to school," says Shore of her drawings for the

project, now entitled My So-Called Secret Identity. "You don't know what is going to happen, but you know it's for the best."

Created by a truly global team — Shore is in Ottawa, Brooker writes the words in the U.K. and Sarah Zaidan, their colourist, is in the U.S. — the comic is freely available and funded by donation.

For donations more than \$5, donors receive a special thank-you gift. And, in line with the project's message, a portion of the donation goes to A Way Out, a charity that works with vulnerable women and their families.

Check out the comic at mysocalledsecretidentity.com.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free the Children.

Email them for more information and to get involved. Help the good news get around. Send your stories to goodnews@metowe.com and we'll share them right here.

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Harrison Ford and Chadwick Boseman star in *42*, which opens this Friday. HANDOUT

Ford's pitch for civil rights

Baseball breakthrough. Star doesn't know much about sports, but he has plenty to say about issues of equality

NED
EHRBAR

Metro World News in Hollywood

Before you ask, Harrison Ford doesn't want to talk about Star Wars. Or Indiana Jones or other franchises that he may or may not be taking part in again. "Ain't going there," he offers simply. And he's not much interested in the broader workings of Hollywood as an industry as far as why certain types of films have a better chance of getting made

than others. But social justice issues? He has plenty to say about those. That's a big reason why he took on the part of Brooklyn Dodgers general manager Branch Rickey, the man who brought Jackie Robinson on as the first African-American player in major league baseball.

You were a kid when the events in *42* happened.

I was born in 1942. I wasn't a big baseball fan, so I think it went largely unnoticed in our family. My parents were old-style Democrat liberals and they were very interested in social justice, but because we weren't so involved in baseball we didn't really so much notice, and I think they were very involved and vocal when it came to the civil rights

movement years later, but by then I had fled the nest. So I vaguely knew that something was happening, but I wasn't a sports fan, didn't follow sports.

Did you ever become a baseball fan?

Nope, nope. You know, I learned what I needed to learn about the business of baseball, what was going on in baseball and who these characters were that were coming into my office as elements in the story. But that's the depth of my knowledge.

Do you see any parallels between Robinson's story and the current battle for marriage equality?

I think there's a metaphor you can reach for, according

to your own interests and your own understanding and your own issues. But trying to create the best expression of the ideals — the most equal society, the best-regulated society, the best-behaving society — depends on attending to equality and inequity whenever it rears its ugly head. Certainly the marriage issue conveniently falls into that category.

It's remarkable how quickly opinions on it have been changing over the last few years.

Yeah, things do change quickly at a tipping point, as it builds and it builds and it builds until there's a moment where the balance of opinion, the weight of experience and the understanding comes to a point

where the scales tip in the other direction. We're getting there, we're getting there. You know, you would hope that it would have happened with less resistance. You would have hoped that everyone would get the point at the same time, but life's not like that.

You recently worked for a bit on *Anchorman 2*.

I went to Atlanta to do a cameo in *Anchorman 2* — if you call that work. It felt like a goofy dream. It's a whole different ball of wax.

Is that character anything like the TV news man you played in *Morning Glory*? Dangerously close, unless what I did to get distance between the two of them worked.

Iron Man 3. Downey Jr. in China to promote film

Actor Robert Downey Jr. has travelled to Beijing to promote *Iron Man 3*, which was filmed partly in China and features well-known Chinese actors. At a news conference Saturday, Downey — who reprises the role of Tony Stark in the upcoming movie — said he's fascinated with Chinese culture and loves Chinese movies.

THE ASSOCIATED PRESS



Robert Downey Jr. talks Tony Stark in Beijing. THE ASSOCIATED PRESS

Big bucks

Demons, dinos rule box office

Sunday studio estimates put the demonic horror remake *Evil Dead* at No. 1 with a \$26 million debut. In a tight fight for second-place were two holdovers, the animated comedy *The Croods* and the action flick *G.I. Joe: Retaliation*, both with an estimated \$21.1 million. The 3D debut *Jurassic Park* came in fourth with \$18.2 million. THE ASSOCIATED PRESS

Nora Ephron. Writer the subject of son's HBO doc

Nora Ephron will be the subject of an HBO documentary being made by one of her sons, journalist Jacob Bernstein.

The network said Friday that the project, titled *Everything is Copy*, will also have Vanity Fair editor Graydon Carter as executive producer.

Ephron died at age 71 last year. She was the writer behind films *When Harry Met Sally*, *You've Got Mail* and *Sleepless*

in Seattle. Her last project is the current Broadway play about journalist Mike McAlary, with Tom Hanks in the starring role.

The documentary's title is a reference to Ephron's feeling that all of life's experiences provide fodder for a writer.

The documentary project was first reported in the *Hollywood Reporter*.

THE ASSOCIATED PRESS

Hey Amanda, is this photo OK?

Amanda Bynes has a bone to pick with members of the press who are reporting on her wild and unpredictable antics on Twitter: They're not using the right photos.

"They write a news article about every tweet I write, and I hate the picture they choose. They repeat what I tweet then add a bad photo," Bynes posted to her Twitter account, asking that the press "only use photos from my Twitter when writing an article about me."

And she has a punishment lined up for outlets that don't adhere to her rules. "I'm putting a photo up of everyone writing articles about me from now



Amanda Bynes

on," she wrote. "I ask you to choose photos from my Twitter so I'll do the same."

Twitter



@jason_mrza

My phone's about to die. I hope it comes back as a taco.



@mcgregor_ewan

Outside Bath at @ElQuestro Homestead. Had to do a paparazzi sweep of the rocks first!



@ElizabethHurley

Help please! Idiot proof instructions on how to post on Instagram!!



@lenadunham

I do occasionally wish I was more theoretical and more slim in that odd way poets often are

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Selena is so over Bieber, Lady Gaga is so over her old wheelchair



STARGAZING
Malene Arpe
scene@metronews.ca

Lady Gaga switches her post-operation 24-carat gold wheelchair for a Louis Vuitton wheelchair. In unrelated news I just switched my moderate queasiness to full-blown nausea.

Robert Pattinson and Kristen Stewart reportedly spent the Easter holidays together. They enjoyed ham, chocolate, clumsy hugs and awkward silences.

Selena Gomez says she isn't looking for a boyfriend after breaking up with Justin Bieber. Understandable. After dating a no-shirt-wearing, neighbour-aggravating, drop-crotch-pants-loving, too-many-cars-owning, non-stop-partying, and compulsively-instagramming-monkey fancier it would be difficult to settle for less.



This week Lindsay Lohan allegedly took home a whole bunch of stuff from the Anger Management set and she was photographed hiding under a table on a dirty floor in a Brazilian night club. Even Justin Bieber is concerned.

Madonna's alcoholic brother, who lives under a bridge, says Madonna doesn't "give a bleep if he's dead or alive". Says a rep for Madonna: "That's not true at all. Once upon a time Madonna and two billy goats came upon her brother's bridge and tried to pass and it became this whole thing. Not her fault at all."

Amanda Seyfried is mistaken for Lindsay Lohan at an airport. That explains Amanda's emergency face tattoo and sex change surgery.



Katy Perry

Katy Perry has familiar shoulder to cry on after split with John Mayer

While Katy Perry recovers from her breakup with John Mayer, she's reportedly turning to a very surprising source for comfort: ex-husband Russell Brand.

Sources tell Radar Online that Perry has been texting Brand for advice following her split.

"Russell may appear like a comic book character, but he's got a

wise head on his skinny shoulders," a source says. "Katy reached out to him after she split with John, bemoaning her luck with men, and Russell provided her with some much-needed reassurance. He flattered her with compliments and just listened to her every word. Russell also used his wit to cheer Katy up."

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Secret to parenting equality? Saving time

New book. Metro's family columnist weighs in on Facebook chief operating officer's new book



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Chief operating officer of Facebook, Sheryl Sandberg, is encouraging women to "Lean In" to their careers, with her book of the same name. Essentially, she is tackling the age-old dilemma of how women should compete in a "man's world."

She argues that unless women approach a relentless pursuit of success at the office, we will never be able to achieve equality at home, both in terms of domestic responsibilities and raising the kids. According to Sandberg, one day the sight of watching a man do laundry will be "sexy."

While I'm not sure about that — productive, useful and obvious come to mind far before the word sexy does — I do agree that we need to find ways to be more efficient at home to get some equal footing.

In fact, as I wrote about in my new book *I Am So The Boss Of You: An 8 Step Guide To Giving Your Family The Business* I concur that applying a more structured approach to the home is one way to get some



Dad's cooking doesn't get questioned by the kids nearly as much as mom's. ISTOCK

control into the "wild ride" of parenting. And part of that structure has to include an equalization of domestic duties. But ultimately I don't think that moms will have achieved equality with dads until we can save time like they do.

Only a dad can throw out kids' artwork without attempting to a) hide it under all the recycling first or b) photographing and scrapbooking parts of it first or c) feeling guilty about it for a week. Not so for us moms.

Dads can call a sloppy

together meal Cowboy Casserole and get the kids to eat it without them once questioning the origin or the pedigree of the ingredients. I usually have to prove to them why my cooking isn't bad.

And how about the amount of time moms spend on making sure that we dress ourselves appropriately? Just consider how easy life would be at home if we didn't mind throwing on socks and sandals while proudly parading around in corporate logoed golf-shirts. Think of the accumulated minutes we could

save just by not tucking in a shirt on the weekends.

But that's not all. Until we can liberate ourselves from the brain space required to know the last time the seven-year-old had a shower, the 10-year-old went to the dentist or the 14-year-old cracked open a textbook, most moms will still be more worried about falling over (with exhaustion), than leaning in.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @ KATHYBUCKWORTH.

From picnic crashers to pets

What does it take to elevate the common ant from picnic pest to household pet?

To thousands of children and many adults, the answer is a bit of soil and a see-through enclosure that, in these modern times, can be made from an extra CD case or bought tricked out with projection lights.

Ant farms, the narrow glass or plastic containers filled with soil that mimic ant colonies, have been popular among generations of children, and marketers say they remain in-demand even in the age of computers and video games.

Uncle Milton Industries, a Los Angeles-based company



Ants exploring an ant farm toy. AP PHOTO/DAMIAN DOVARGANES, FILE

that has been in business for six decades, has sold more than 20 million ant farms. Company

founder Milton Levine and his brother-in-law invented the ant farm nearly 60 years ago.

"As the world gets more complex, some of these classic toys become more popular," said Ken Malouf, vice-president of marketing and product management.

Ant farms can be an easy way to help nurture a child's interest in insects, since they can be homemade or purchased.

The idea is to help kids discover nature and its critters in the hope it will make them curious about the world around them, Malouf said.

He doesn't recommend toying too much with the ant farm, or leaving it in places where it can be knocked over.

THE ASSOCIATED PRESS

Exclusively online

Family-friendly brunch: where the restaurant is overrun with screaming children. Follow the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices.



New mom memoirs

Everything is Perfect When You're a Liar

Kelly Oxford is one of Twitter's favourite personalities. Go behind the scenes of her family life in her new collection of essays, out now.



Baby Steps: Having the Child I Always Wanted (Just Not As I Expected)

Actress Elisabeth Röhm details her struggles with infertility while trying to remain in the Hollywood scene.



Moms Who Drink and Swear: True Tales of Loving My Kids While Losing My Mind

Nicole Knepper chronicles the utter lunacy that comes with being a parent, with glass in hand.



Bloom: Finding Beauty in the Unexpected

Kelle Hampton's best-selling memoir about raising a daughter with Down syndrome is out in paperback.



METRO WORLD NEWS

You've boiled and fried it, so why not bake it as well?

KAREN HUMPHREY
YummyMummyClub.ca

As a child, baked rice was one of my favourite side dishes.

Back in the '70s, packets of pre-seasoned rice mixes weren't nearly as popular as they are today, and many foods were made from scratch instead. Forget about the excessive amounts of salt and dried out veggies in the packaged mixes, this version gives you loads of healthy veggies and real food ingredients.

1. Pre-heat oven to 350 F.
2. In an oven proof Dutch oven over medium heat, melt about 1 tbsp butter. Add the onions, celery, garlic and chili, and sauté until softened, about 5 minutes. Stir in the carrot and continue to sauté another 2 minutes.
3. Add the rice to the pot,



Make this a meal by adding garlic shrimp or chicken. KAREN HUMPHREY OF YUMMYMUMMYCLUB.CA

stirring and cooking about a minute before pouring in the chicken broth and zest over top. Bring to a boil before covering with lid and putting pot in the oven to bake 40 minutes.

4. Remove pot from oven, then stir in the frozen peas, parsley, thyme and almonds. Put the lid back on the pot and allow it to sit for a few minutes. The heat from the rice will thaw the peas

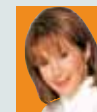
Ingredients

- 1 tbsp butter
- 1/2 cup onion, chopped finely
- 1/2 stalk celery, chopped finely
- 1 garlic clove, minced
- 1 thai chili, seeded and minced finely (optional)
- 1/2 carrot, peeled and chopped finely
- 3/4 cup long grain white rice
- 1 1/2 cup chicken broth
- 1 lemon, zested
- 1/3 cup frozen peas
- 2 tbsp chopped fresh Italian parsley
- 2 tsp chopped fresh thyme
- handful of chopped almonds
- salt and pepper to taste

and warm them through, and the cold peas will cool the dish a little. Season with salt and pepper. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.**

Healthy eating

Choose it and lose it



ROSE REISMAN
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Everyone's favourite fast food chain offers a multitude of options. However, take into account the calories, fat and sodium of popular items to make a better choice.



McDonald's Angus Deluxe

780 calories / 47 g fat / 1,660 mg sodium

Angus beef is fattier than regular burger meat. The premium bun is 240 calories and 540 mg of sodium.

Equivalent

A McDonald's Angus Deluxe is equal in calories to a 13 oz (369 g) New York strip loin steak.



McDonald's Big Mac

540 calories / 29 g fat / 1,020 mg sodium

The Big Mac is a better choice with close to a third less calories, fat and sodium.

Side dish. Spanish Rice



1. Drizzle some oil into a saucepan and set over medium heat to warm up.
2. When the oil is hot, toss in onion, sweet red pepper, and garlic. Stir and let it cook until onions are clear and soft, about 5 minutes or so.

3. Stir in rice, chicken broth, salsa, chili powder, cumin, salt and pepper. Bring to a boil, then reduce the heat to medium low and partially cover. Cook 25-30 minutes until tender and all the liquid is absorbed. Remove from the heat, fluff with a fork, top with cilantro and serve!

KAREN HUMPHREY OF YUMMYMUMMYCLUB.CA, AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.

Ingredients

- 1 cup chopped onion
- 1/2 cup diced red pepper
- 1 clove garlic, minced
- 1 cup long grain white rice
- 2 1/3 cups low sodium chicken or vegetable broth
- 1 cup of your favourite salsa
- 1/2 tsp each chili powder and ground cumin
- 1/4 tsp salt and black pepper
- chopped fresh cilantro

Jollof: gumbo's likely ancestor

Jollof rice is thought to have originated in the Jollof empire, a kingdom that controlled wide swaths of

Ingredients

- Rice:**
- 4 tbsp canola oil, divided
 - 1 yellow onion, chopped
 - 2 cloves garlic, minced
 - 1 tbsp grated ginger
 - 3 tbsp tomato paste
 - 15-oz can crushed tomatoes
 - 1 tsp each ground coriander and cumin
 - 1 tsp curry powder
 - 1 tsp salt
 - 1/2 tsp ground black pepper
 - 1 tsp dried thyme
 - 1/2 tsp red pepper flakes
 - 2 cups basmati rice
 - 5 to 6 cups (1 1/2 quarts) unsalted chicken stock
- Vegetables (select 2 to 3):**
- 1 red bell pepper, diced
 - 2 stalks celery, diced
 - 2 carrots, diced
 - 3/4 cup fresh green beans
- Protein (select 1 or 2):**
- 1 lb large peeled shrimp
 - 1 lb boneless chicken thighs
 - 1 lb sirloin steak, cubed
 - 1 lb tofu or seitan, cubed
- Garnish (select 1):**
- Chopped fresh parsley
 - Chopped fresh cilantro
 - Sliced scallions

western Africa from the 14th through the 19th centuries.

Many American slaves came from this part of the continent, part of Africa's "rice belt." They brought with them their agricultural knowledge and their rice-based food traditions.

A one-pot meal, jollof's basic ingredients include rice that turns bright amber in the tomato sauce, spices that range from nutmeg to chili peppers, and sometimes vegetables. Sound like jambalaya? Not a coincidence.

"If you look at gumbo, jambalaya, hoppin' John, these are all derivatives," says Frederick Douglass Opie, a scholar of foodways of the African diaspora at Harvard University.

1. In heavy bottomed pan over medium-high, heat 2 tablespoons of the oil. Add the onion, garlic and ginger, then cook until softened and beginning to brown, about 6 to 7 minutes. Add the tomato paste and continue to cook until the mixture becomes brick red, about another 6 to 7 minutes.

2. Add the crushed tomatoes, coriander, cumin, curry, salt, black pepper, thyme, red pepper flakes and rice. Stir to mix.



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Add 5 cups of the chicken stock and bring to a simmer, then cover and cook for 15 to 20 minutes, or until the rice is tender and has absorbed most of the liquid. Check the rice; if it is still firm, add another cup of stock and cook until absorbed.

3. Meanwhile, in a large sauté pan over medium-high, heat 1 tablespoon of the remaining oil. Sauté your choice of vegetables for 5 to 6 minutes, or until beginning to brown and starting to be tender. They do not have to be completely

cooked through. Add them to the rice and stir in.

4. Repeat sautéing process with remaining tablespoon of oil and your choice of protein, searing it over medium-high heat for 5 to 6 minutes. Stir that into the rice mixture, as well.

5. Cook until the rice has absorbed all the liquid and the vegetables and protein are cooked through. Season with salt and pepper, to taste, and garnish with herbs and/or hot sauce. **THE ASSOCIATED PRESS**

Starting out on a high note — rock star hails music as a social saviour

The Gene rule.

Musical training can help compose a confident youngster, says Simmons

Kiss frontman Gene Simmons made a surprise appearance at a Sioux Falls benefit concert Saturday, where he spoke of music's power to positively shape children's lives.

Simmons's appearance came on the final day of a week of concerts to benefit the music academy for Sioux Falls Boys & Girls Clubs members.

"This is about kids. We've had our chance. We've got to



Throwing them a tune-making tool might just be instrumental in the development of their personality. ISTOCK

give them a chance. Anything that gets them off the street is

a good thing," Simmons said. Music, Simmons said, is

self-empowering.

"It doesn't matter if you become a star. If you don't believe in yourself and get up on stage, everybody is watching. You can feel the power ... and it helps you get through life, especially when you're impressionable."

He said getting involved in music — whether it's learning to play an instrument or sing karaoke — improves social skills, too.

Motley Crue singer Vince Neil was also at Saturday's show, and he, too, expounded on the positive benefits of music.

"Say you finish your first song, it could be Mary Had a Little Lamb, it doesn't mat-



Gene Simmons
GETTY IMAGES

ter, but at least it's something you've played," Neil said. "And

Stage flight

"You can feel the power ... and it helps you get through life, especially when you're impressionable."

Gene Simmons on performing music live

I think for kids, they could go into a whole other direction because they accomplished something."

Neil said he was 10 when he first started taking guitar lessons.

"I was terrible," he said laughing. "That's why I'm not a guitarist. I went into the other direction."

Work in bursts to maximize productivity

Q & A. Metro talks to consultant about how to get the most out of every work day

DOUGLAS
SMITH

Metro World News in New York

Some days, you feel like you got nothing done at work. It's not uncommon. The email inbox grows, instant messages pop up and colleagues interrupt your workflow. Productivity consultant and author of *The Accomplishing More With Less Workbook* Pierre Khawand says. "When we are working a few

minutes here and a few minutes there, we are staying at the superficial level and not getting deep into anything." Here are his strategies for digging in deeper to get more work done.

How can people reach their level of optimal productivity?

The first element has to do with how results change with time when we are working on a task. When we start to work on the task, we get results. But at some point, the results level off and then diminish, because either we get mentally tired and are no longer productive, or we need someone else to do their part before we can continue. This is all good in theory,



Juggling multiple duties at once is not the key to productivity — instead, try alternating between "focused" and "collaborative" tasks. ISTOCK

but what happens in reality is that a few minutes after we start to work on a task, we get interrupted. When we get inter-

rupted, our results go down to zero — this happens again and again and again. It's part of life in today's work environment.

So how do we stay on task?

A key element is starting the day by identifying what we intend to accomplish that day and ending the day with a reconciliation process. That ensures that we close the loops on open issues. Instead of starting the day with email, we should stop for a minute or two to reflect on what is important and what we want to accomplish. Then, put it in writing.

The idea is that we need to stay focused long enough so that we can achieve in-depth thinking, creative problem solving and get meaningful things done. Depending on the task, it can be 15 minutes, 30 minutes or several hours. Once

we have accomplished something meaningful, it is time to stop our "focused" session, and switch to being collaborative — handle email, phone calls, have live discussions. This is the collaborative work where we get the most of our team productivity and equally important results. After the collaborative session, it is time to take a break — do something that gets us re-energized and ready for the next focused session. No significant productivity gains, and therefore no significant accomplishments, can be achieved if we don't optimize our workflow by recognizing the concepts described above: focus, collaborate, then play!

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You can go your own way, you do it with some help from eBay

Budding bid-ness.
A self-employment strategy that's as easy as a click and a sale

BRUCE WALSH
Metro World News

In 2008 Dave Stewart was laid off from his maintenance tech position at a Pennsylvania nursing home. The news came as a shock and, as a result, he decided to take his career in a radically different direction.

Stewart is now one of a select few Americans that make their living through eBay. (The company claims 1.3 million sellers worldwide, but experts believe the number of individual, primary-income eBayers to be much smaller.)

"I no longer wanted to



A retail empire you can run from the comfort of your coffee table? Yes please! iSTOCK

be dependent on someone else providing me with paycheques, because I saw that you couldn't rely on it as much as I did," says Stewart, from his home in Bucks

County, Pa. "I wanted to be self-employed, but wasn't quite sure how to get there."

Inspiration struck, along with a bit of luck. He discovered a stockpile of obsolete car parts in his grandfather's cavernous garage. While his family was skeptical, Stewart was convinced there was a market for outdated parts.

"It started out as an experiment — just a few parts on the (eBay) page. They really sold fast, and I had an inkling I was on to something," says Stewart. "Pretty soon, I had an eBay store, and I couldn't keep up with the orders."

Stewart's success wasn't based on luck alone. He operates his business with the systematic, detailed approach you'd expect in a much larger operation. Every one of the 1,600 items in his eBay store is researched thoroughly and

displayed with precise photos and descriptions. These days, car parts represent less than half of the items in his store.

"To be successful on eBay,

you have to be a salesman. It's like other sales jobs, if you're good at it, you can make a living — but only if you're good," says Stewart.

art. "It's all about keeping people's interest with new merchandise. You can't just let it sit there and expect to make something."

Q&A

Temple University management professor Paul Pavlou has been studying eBay for 15 years, since the company's early days. He gave his expert advice:

How has the eBay game changed in the past five years?

A lot has changed — some that's good for the individual, and some that isn't. eBay has attempted to attract much larger sellers, and they have

adjusted their model somewhat because of that. However, it's a larger platform now, and the access to the market, logistics and infrastructure is still quite remarkable for the individual.

What sells best on eBay right now?

We've seen a trend toward used cars and products for used cars. eBay Motors is now one of the most popular platforms.

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Benefits just as crucial as bucks

Pennies vs. protection

It's not all about the number that shows up on your paycheque

YLVA
VAN BUUREN
CareerBear.com

OK, how much you make matters — it dictates where you live, where you shop, whether or not you can afford a holiday this year, or a new car. But pay attention to the benefits package the new job is offering, because benefits can be as good as money in the bank.

Salary can be one of about a dozen components of a job offer, and those components, ranging from financial incentives to holiday time, are all considered benefits in today's workplace, according to Stefan Danis, CEO of Mandrake and NEXCareer.

"Benefits are in many ways far more important than salary because of the sheer number that can be on the table," says Danis. "And in effect, they do equal real dollars."

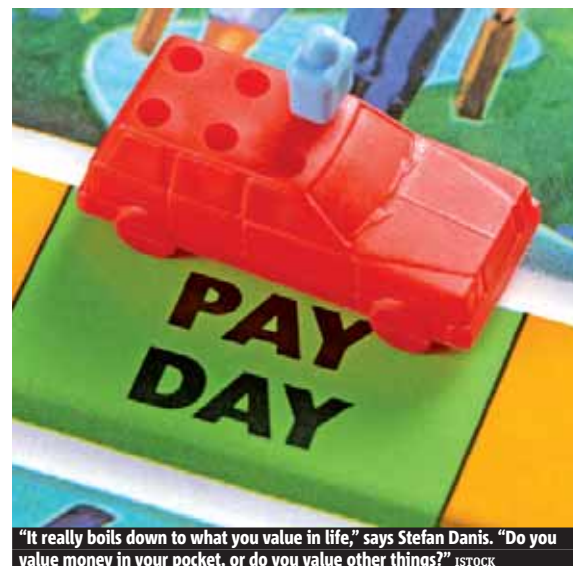
Companies are increasingly looking at their workforce as individuals, as opposed to groups, and providing as much customization of benefits as possible. "One person's needs are different from another's. One might need an optometrist, another might need a dentist," says Danis.

"I recommend that when people negotiate a job offer, they have a written map of what they need and what they want in terms of money and benefits. If the employer can meet or exceed the need, great."

Here is a checklist of different benefits to weigh against the salary being offered.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.



"It really boils down to what you value in life," says Stefan Danis. "Do you value money in your pocket, or do you value other things?" ISTOCK

Rich in resources

"Benefits are in many ways far more important than salary because of the sheer number that can be on the table. And in effect, they do equal real dollars."

Stefan Danis
CEO of Mandrake and NEXCareer

Bonus

Find out exactly how your bonus is measured and ensure you can deliver. If it's a bonus that will be earned over both a short and long term, one strategy is to negotiate a lower amount in the short term but substantially more later, says Danis.

RRSP contributions and pension

Retirement income plans used to be the hallmark of benefits but they're not so much anymore, says Danis. Be sure to read the fine print if they are.

Performance appraisal

"Many organizations will review your salary 18 months after joining ... try to accelerate the review," says Danis.

Technology

Does the company supply equipment such as cellphones, iPads, tablets and laptops?

Transportation

Depending on the job, travel al-

lowance, parking and car allowance can be important.

Holidays

Holiday time can be a deal breaker, says Danis. "People will fight harder against having to take less holiday time than less money." If a person has three weeks where they are now, they'll want three weeks where they're going.

Medical

Life stage plays into medical benefits. For example, if you have young children and your spouse is self employed, it probably means you need medical and dental benefits and coverage.

Childcare

Having daycare on site or working close to where you reside is important when you have children. Another "benefit" would be the flexibility to leave work early to pick up your kids — given the penalties for being late.

Flex-time/telecommuting

For some people, working from home once a week or doing work when you want to versus nine to five, is important.

Distance learning/education

Some people are interested in conference attendance fees — negotiating this upfront means you won't have to beg to go.

Ergonomics

Some people negotiate ergonomic chairs because the wrong chair causes back problems.

Growing the game

Yashin helping put women's hockey on map in Russia

Alexei Yashin is back on the ice in Ottawa.

The former Ottawa Senator was recently named general manager of the Russian women's team in order to help the country finish on the podium at the 2014 Winter Olympics in Sochi, Russia.

He's overseeing the team at the women's world championships in Ottawa. Yashin doesn't sit in the stands and watch the women practise. He's out on the ice participating in drills and giving the women tips.

"I saw the biggest opportunity where I can really help," Yashin explains. "I saw a lot of things I could bring to the table."

"These girls, they needed some spark and some attention towards them. I was hoping I could bring certain things that other people can't with some of my experience and connections."

Russia didn't win a game in last year's world championship in Burlington, Vt., but are 4-0 heading into Monday's semifinal against Canada.

Yashin's appointment is groundbreaking for women's hockey in a country that ignored it until Sochi won the bid to host the Games.

"His name brings a lot of attention to our team, especially in Russia," forward Iya Gavrilova says. "We've got more sponsorship coming to the team, we get more attention from the media. People now recognize that they have a women's team in Russia." **THE CANADIAN PRESS**



Ottawa Senators forward Matt Kassian lands a punch on George Parros of the Florida Panthers in Sunrise, Fla., on Sunday. The Panthers won 2-1.
J PAT CARTER/THE ASSOCIATED PRESS

Panthers scratch out win over Sens

NHL. Ottawa suffers its fourth straight loss

Dmitry Kulikov scored a power-play goal 10:46 into the third period to lift the Florida Panthers to a 2-1 victory over Ottawa on Sunday night that sent the Senators to their fourth straight loss.

Kulikov's wrist shot from top of the left circle beat Craig Anderson while Sergei Gonchar was serving a holding penalty.

On Sunday

2

Panthers

1

Senators

Scott Clemmensen had 40 saves and Marcel Goc also scored for Florida, which has won four of five.

Ottawa's Cory Conacher scored his first goal since be-

ing acquired from Tampa Bay on Wednesday.

Anderson stopped 15 of 17 shots in his return from an ankle injury he sustained against the New York Rangers on Feb. 21. He missed 18 games and did not play when he returned for Friday night's 4-2 loss at Buffalo.

Anderson was 9-0-1 in his previous 10 starts against the Panthers. He also had won the previous four meetings at Florida.

Conacher's goal at 12:26 of the first period gave Ottawa a

1-0 lead.

Mika Zibanejad fed Jakob Silfverberg in front of the net. Silfverberg then slid the puck to Conacher, who stood next to the left post as he directed the puck into the net.

Goc deflected Tomas Fleischmann's wrist shot from the left point to tie the score at 1 at 1:08 of the second period. It was Goc's fifth goal.

The Senators had won 11 of the previous 12 meetings with Florida overall and six of seven road meetings.

THE ASSOCIATED PRESS

Wickenheiser expects to play through injury



Hayley Wickenheiser tunes up for the semifinals of the world women's hockey championship at a practice in Ottawa, Sunday. FRED CHARTRAND/THE CANADIAN PRESS

Hayley Wickenheiser intends to play the rest of the world women's hockey championship even though she's in pain.

Canada's captain and all-time leading scorer skated with the team Sunday for the first time since injuring her back during the tournament-opener Tuesday against the United States.

"There's really no risk of further injury," Wickenheiser said following practice. "They've done what they can do to minimize the pain. It's

just a matter of being able to play through the pain and I think I can do that. I can't really do any more damage to it."

"I feel like I'm going to be able to finish out the tournament."

Canada faces Russia and the United States takes on Finland in Monday's semifinals with the winners advancing to Tuesday's championship game.

Wickenheiser skated off the ice and walked to the dressing room in the second

period when Canada was trailing the Americans 2-0. She did not return to the game. The hosts rallied to win 3-2 in a shootout.

Wickenheiser, 34, was scratched from a 13-0 win over Switzerland and an 8-0 victory against Finland in the preliminary round. During her absence from the lineup, assistant captain Jayna Hefford joined Wickenheiser as Canada's all-time leaders in games played at 248.

THE CANADIAN PRESS

Socked! Blue Jays' Dickey decimated by Boston batters

MLB. Former manager John Farrell gets last laugh, leaving Toronto with series win after blowout finale

He's 0-2 with a lofty 8.44 earned-run average and opponents are hitting .326 against him. But R.A. Dickey feels he's very close to the form that made him a 2012 Cy Young Award winner.

Will Middlebrooks homered three times and doubled as the Boston Red Sox hit knuckleballer Dickey hard early en route to a lopsided 13-0 win in Toronto on Sunday afternoon.

"I think you try to draw from some of the past experiences and know that a day like



Jays pitcher R.A. Dickey allowed seven earned runs in 4 2/3 innings.
CHRIS YOUNG/THE CANADIAN PRESS

today is the anomaly, not the norm," Dickey said. "I've traditionally gotten off to pretty slow starts in the past. I'm not

sure why, that's just the way it has been.

"I'm looking forward to the rest of the month. I know I'm close and so if I can just kind of sit in that, that I'm almost there, I think it will be all right."

Fortunately for Dickey, he doesn't have far to look. In April 2012, Dickey surrendered eight earned runs over 4 1/3 innings in a 14-6 loss to Atlanta, his worst performance as a New York Met, and still posted a 20-6 record last season.

"Atlanta last year was maybe a tad worse than this one," Dickey said. "You have to understand with 33 starts you have a handful you just have to throw out and hopefully the majority of them end up the way you want."

THE CANADIAN PRESS



Melo makes it 12 in a row

New York Knicks forward Carmelo Anthony dunks between Thunder forwards Nick Collison, left, and Kevin Durant in the second quarter of their game in Oklahoma City, Sunday. The Knicks won 125-120 for their 12th-straight win. SUE OGROCKI/THE ASSOCIATED PRESS

NHL

Winter Classic back on at Big House

The NHL's Winter Classic is getting a do-over.

The Toronto Maple Leafs will get a chance to play the Detroit Red Wings in the outdoor game at Michigan Stadium on Jan. 1, 2014, a year after it was originally scheduled.

The Ann Arbor, Mich., stadium — nicknamed "The Big House" — holds just over 107,000 fans, so it's anticipated the game will mark a world record for hockey attendance.

THE CANADIAN PRESS

OHL

67's snag Konecny with top draft pick

The Ottawa 67's have tabbed Travis Konecny to be the face of their rebuild.

The club selected the 16-year-old centre from Bothwell, Ont., with the first pick in Saturday's Ontario Hockey League draft. THE CANADIAN PRESS

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metro

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
z-Miami	60	16	.789	—
x-New York	50	26	.658	10
x-Indiana	48	29	.623	12½
x-Brooklyn	44	32	.579	16
x-Chicago	42	33	.560	17½
x-Atlanta	42	36	.538	19
x-Boston	40	37	.519	20½
Millwaukee	37	39	.487	23
Philadelphia	31	45	.408	29
Toronto	29	48	.377	31½
Washington	29	48	.377	31½
Detroit	25	52	.325	35½
Cleveland	24	52	.316	36
Orlando	19	59	.244	42
Charlotte	18	59	.234	42½

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	57	20	.740	—
x-Oklahoma City	56	21	.727	1
x-Denver	53	24	.688	4
y-L.A. Clippers	51	26	.662	6
x-Memphis	52	25	.675	5
Golden State	44	32	.579	12½
Houston	43	34	.558	14
Utah	40	37	.519	17
L.A. Lakers	40	37	.519	17
Dallas	37	39	.487	19½
Portland	33	43	.434	23½
Minnesota	29	47	.382	27½
Sacramento	27	50	.351	30
New Orleans	26	50	.342	30½
Phoenix	23	53	.303	33½

x — clinched playoff berth; z — clinched conference.

SUNDAY'S RESULTS

New York 125, Oklahoma City 120
L.A. Clippers 109, L.A. Lakers 95
Memphis 89, Sacramento 87
Boston 107, Washington 96
Cleveland 91, Orlando 85
Chicago at Detroit
Utah at Golden State
New Orleans at Phoenix
Dallas at Portland

SATURDAY'S RESULTS

Washington 104, Indiana 85
Brooklyn 105, Charlotte 96
Miami 106, Philadelphia 87
Minnesota 107, Detroit 101
San Antonio 99, Atlanta 97
Milwaukee 100, Toronto 83
Denver 132, Houston 114

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-Pittsburgh	39	29	10	0	0	127	95	58
d-Montreal	38	25	8	3	2	120	91	55
d-Washington	38	19	17	2	0	113	108	40
Boston	37	24	9	2	2	102	79	52
Toronto	38	21	13	0	4	117	106	46
Ottawa	38	19	13	2	4	94	85	44
NY Rangers	38	19	15	0	4	93	90	42
NY Islanders	39	19	16	3	1	113	119	42
Winnipeg	40	19	19	0	2	98	120	40
New Jersey	38	15	14	3	6	90	103	39
Philadelphia	38	17	18	1	2	106	118	37
Buffalo	38	15	17	2	4	102	116	36
Carolina	37	16	19	1	1	97	115	34
Tampa Bay	37	16	19	0	2	119	110	34
Florida	39	13	20	5	1	96	132	32

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-Chicago	37	28	5	0	4	123	80	60
d-Anaheim	38	25	8	2	3	117	95	55
d-Vancouver	38	21	11	1	5	103	95	48
Los Angeles	38	22	13	1	2	111	92	47
San Jose	38	20	11	3	4	98	94	47
Minnesota	38	22	14	1	1	103	97	46
St. Louis	37	21	14	1	1	106	98	44
Detroit	39	19	15	3	2	99	101	43
Phoenix	38	17	15	2	4	105	104	40
Dallas	38	18	17	2	1	104	117	39
Edmonton	38	16	15	4	3	100	106	39
Columbus	39	16	16	3	4	91	104	39
Nashville	39	15	16	2	6	93	104	38
Calgary	37	13	20	1	3	99	133	30
Colorado	38	12	21	4	1	89	121	29

SUNDAY'S RESULTS

St. Louis 1 Detroit 0
Dallas 5 San Jose 4 (SO)
Florida 2 Ottawa 1
Minnesota 3 Columbus 0
Tampa Bay at Washington
Nashville at Chicago
New Jersey at Buffalo
Los Angeles at Anaheim

SATURDAY'S RESULTS

Winnipeg 4 Philadelphia 1
Chicago 1 Nashville 0
Los Angeles 4 Edmonton 1
NY Islanders 4 Tampa Bay 2
Toronto 2 New Jersey 1
NY Rangers 4 Carolina 1
Montreal 2 Boston 1
Washington 4 Florida 3
Phoenix 4 Colorado 0
Vancouver 5 Calgary 2

MLB

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	4	2	.667	—
Baltimore	3	3	.500	1
Tampa Bay	3	3	.500	1
New York	2	4	.333	2
Toronto	2	4	.333	2

CENTRAL DIVISION				
	W	L	Pct	GB
Chicago	4	2	.667	—
Minnesota	4	2	.667	—
Cleveland	3	3	.500	1
Detroit	3	3	.500	1
Kansas City	3	3	.500	1

WEST DIVISION				
	W	L	Pct	GB
Oakland	5	2	.714	—
Texas	3	2	.600	1
Seattle	3	4	.429	2
Los Angeles	2	3	.400	2
Houston	1	5	.167	3½

SUNDAY'S RESULTS

N.Y. Yankees 7 Detroit 0
Boston 13 Toronto 0
Minnesota 4 Baltimore 3
Cleveland 13 Tampa Bay 0
Chicago White Sox 4 Seattle 3 (10)
Oakland 9 Houston 3
L.A. Angels at Texas

MONDAY'S GAMES — All Times Eastern

Baltimore (Chen 0-0) at Boston (Buchholz 1-0), 2:05 p.m.
N.Y. Yankees (Kuroda 0-1) at Cleveland (Jimenez 0-0), 4:05 p.m.
Minnesota (Correia 0-0) at Kansas City (Santana 0-1), 4:10 p.m.
Tampa Bay (Hellickson 0-0) at Texas (Ogando 1-0), 8:05 p.m.
Houston (Humber 0-1) at Seattle (Saunders 0-1), 10:10 p.m.

NATIONAL LEAGUE

SUNDAY'S RESULTS
Cincinnati 6 Washington 3
N.Y. Mets 4 Miami 3
Kansas City 9 Philadelphia 8
Atlanta 5 Chicago Cubs 1
Arizona 8 Milwaukee 7 (11)
L.A. Dodgers 6 Pittsburgh 2
Colorado 9 San Diego 1
St. Louis 14 San Francisco 3

Horoscopes

♈ Aries

March 21 - April 20

Let fate be your guide. The approaching new moon means you have nothing to fear and everything to look forward to, so stop worrying and expect good things to happen.

♉ Taurus

April 21 - May 21

You must listen to your inner voice more over the next few days. It wants to tell you something you need to know, something that will make your life more exciting and enjoyable.

♊ Gemini

May 22 - June 21

An idea you had a while back, which you then forgot, will pop back into your head today, and this time you must not let it slip away.

♋ Cancer

June 22 - July 23

It may seem as if a friend or work colleague has deceived you in some way but more likely you are getting angry for no good reason.

♌ Leo

July 24 - Aug. 23

This week's new moon means you can expect life to take a turn for the better. Not that it's too bad at the moment but you have been worrying a lot about certain issues. Forget them, they really don't matter.

♍ Virgo

Aug. 24 - Sept. 23

Your vibrant personality draws people to you. Everyone wants to be your friend. If you are free and single this is an excellent time for new romance. If you are attached, spice up your love life.

♎ Libra

Sept. 24 - Oct. 23

You want to believe that a certain person is trustworthy but something about their attitude makes you wonder if that is wise. Listen to your instincts – they rarely let you down.

♏ Scorpio

Oct. 24 - Nov. 22

A creative idea could make you a fortune, IF you have the courage to follow it through to completion. Don't let everyone know about it though.

♐ Sagittarius

Nov. 23 - Dec. 21

Life is good and will get even better. The approaching new moon suggests it's time to step up a gear and make sure the world knows who you are and what you can do.

♑ Capricorn

Dec. 22 - Jan. 20

Whatever it is you are working on will bring huge success. Friends and rivals will be amazed at how quickly and easily you turn a good idea into a concrete reality.

♒ Aquarius

Jan. 21 - Feb. 19

Social activities of all sorts will bring you a great deal of joy over the next few days. Don't sit at home staring at the same four walls, get out there and have fun.

♓ Pisces

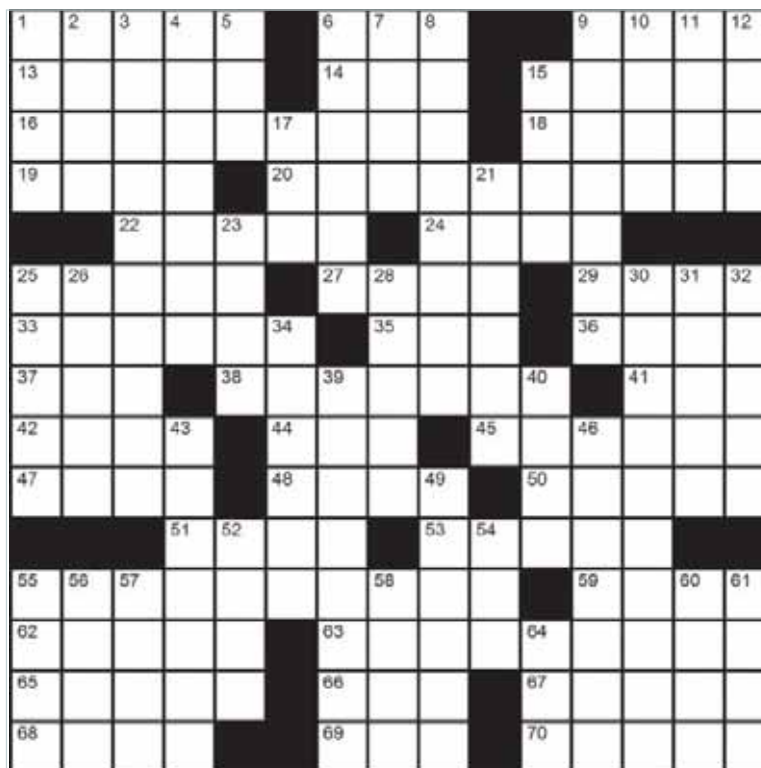
Feb. 20 - March 20

A number of things in your life may look the wrong way up at the moment but before this week is over everything will make perfect sense. Just wait, watch and listen between now and Wednesday. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Country legend Ms. Cline
- Nero's 1101
- Not us
- "Elvis: ___ from Hawaii" (Satellite-beamed special of 1973)
- Geological period
- What place?
- They're frequently applied on "Dancing with the Stars": 2 wds.
- Luau dances
- Selected
- St. Francis Xavier University's locale in Nova Scotia
- Rain clouds
- Alum
- Canadian performers' union
- Ms. Yothers of "Family Ties"
- Bible mountain
- Sandbanks
- X - III = ?
- Mil. unit
- Oz musical, with The
- Opera great Mr. Pavarotti
- Scheming
- Succulent plant
- Bakery offering
- The ___ Family (Family of Canadian hockey players)
- ___ sign
- Halts
- Uses a sieve
- Bereft, in poetry



- TV clicker, when used to decrease volume
- Conrad Black, formerly: 2 wds.
- Shrek: 2 wds.
- Demise
- 'Verb' suffix (Wordy)
- Actress Ms. Suvari's
- Baffin, et al.
- "The Simpsons"

- Yore
- Dog food brand

- Two headline-grabbing Giant Pandas will call it home for the next five years: 2 wds.
- Christina Aguilera's replacement on "The Voice"

Down

- Yore
- Dog food brand

- "Whoopie!"
- Be sincere: 2 wds.
- Abbr. indicating there's another page
- Badge
- ___ Bay, Ontario
- Prefix to 'copter'
- Epochs
- Interlock
- "Slow down!"
- Key above Caps Lock
- Millet, and others
- West Edmonton
- Nile River dam
- South American country
- Covered-in-foliage buildings
- Dearest pal: 2 wds.
- Shoelace tip
- ___, ___. (Astr. length units)
- Brilliant
- Raisin toast spice
- Boot
- Signs up
- Like psychedelict-style T-shirts
- Montreal specialty, ___ meat
- Pledge
- 'Trib' ending
- ___spa
- Former flames
- Radio tuner
- Ascend
- True: French
- 'A' of NBA, for short
- UFC sport

Friday's Crossword

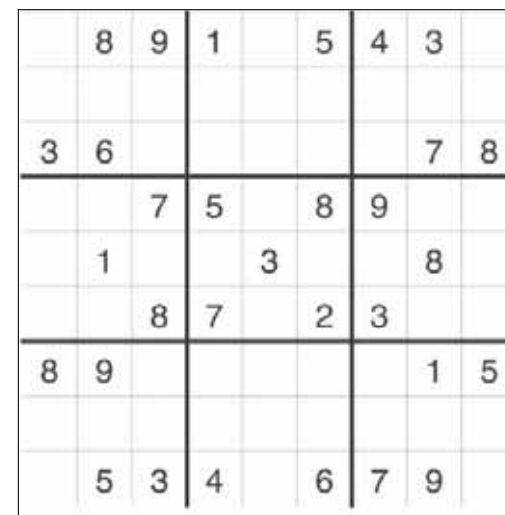


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Know what the weather
will be 14 days from now.
Check the 14 day trend.

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CLASSES STATING MONTHLY

Legal Assistant

NEW PROGRAM!

Program Objective

This program prepares you to become a vital and valued member of a legal team in a variety of work environments such as law firms, legal departments, governments and financial service companies to name just a few! Strong administrative skills combined with an excellent foundation of legal and procedural knowledge allows you to help the legal team to function smoothly and efficiently.

Career Opportunities

Numerous career opportunities exist for Legal Assistants. Law offices, courts, financial organizations, insurance companies, Police and armed forces are but a few of organizations requiring Legal Assistants. Algonquin Careers Academy provides hands on instruction in a well-equipped classroom. The Legal Assistant Diploma program consists of 34 weeks of training, including a 4 week co-op placement.

Courses included in the Legal Assistant program are:

- General Law Office Procedures
- Wills and Estates
- Civil Litigation
- Real Estate Law
- Family Law
- Corporate and Commercial Law
- Principals of Canadian Law and Legal Terminology
- Introduction to Computers (Word, Excel, PowerPoint)



Paralegal

PART-TIME EVENING PROGRAM NOW AVAILABLE!

Program Objective

Did you know that to practice as a Paralegal in Ontario you must be licensed by the Law Society of Upper Canada (LSUC)? In order to write the LSUC licensing exam, you must graduate from a program of study accredited by LSUC.

The paralegal program at Algonquin Careers Academy is accredited by LSUC. The objective of this program is to provide both theoretical and "hands-on" training in the key areas of paralegal work and to ensure the student is prepared to successfully undertake the Law Society's licensing exam.

Career Opportunities

The need for well-trained, competent legal professionals has never been greater. Paralegals may find employment in a wide variety of workplaces, including:

- Government (Federal, Provincial, Municipal)
- Advocacy agencies
- As a Self-Employed Paralegal
- Law and Paralegal Firms
- Courts (Federal and Provincial)
- Legal Clinics
- Banks/Financial Institutions
- Insurance Companies
- Large Corporations



Personal Support Worker

EVENING PROGRAM NOW AVAILABLE!

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 27 week program includes 11 weeks of clinical placement.

Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical office.

This course is a 33 week diploma program and includes a 4 week co-op placement.

Pharmacy Technician

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility. The Pharmacy Technician program of Algonquin Careers Academy is accredited by CCAPP.

This 40 week diploma program includes an 8 week co-op placement.

CALL TODAY! 613-722-7811

Accounting and Payroll Administrator

The objective of this program is to train students in the practices of financial accounting and payroll in Canada. Each successful student will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems. This program also provides our students the opportunity to obtain the Payroll Compliance Practitioner (PCP) certification, issued by the Canadian Payroll Association (CPA). The certification is nationally recognized as a standard of excellence for payroll training in Canada.

This is a 38 week program.

Travel Counsellor Online

The Travel and Tourism industry is one of the biggest employers in the world. By completing this program, you will obtain an understanding of the travel industry, agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. Complete this diploma program through online distance education.

OPEN HOUSE

TUESDAY APRIL 9, 4PM to 7PM

PLEASE COME VISIT OUR INSTRUCTORS AND STAFF!

 **ALGONQUIN CAREERS ACADEMY™**

**1830 Bank Street
at Walkley Station**

613-722-7811

www.algonquinacademy.com